

SUGGESTED 25¢ DONATION



THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

To receive a digital copy of the WestWord please email: westwordeditor@gmail.com**SAVE THE DATE!!**

40th Annual AA Gratitude Round-up

**June 9, 10, & 11, 2023****At the Glenmore Inn: 2720 Glenmore Trail S.E. Calgary, AB**Reservations call 403-279-8611 or visit: <http://www.glenmoreinn.com>

*ask about special rates for Roundup guests

AA Speakers Include: Lisa C. Portland Oregon
 Bob B. St. Paul, Minnesota, Alan B. Los Angeles, California
 Fred L. West Palm Beach, Florida

AI-Anon Speaker: Mary G. Venice, Florida

Ticket Information

Registration \$45.00- Admission for the entire weekend
Banquet \$100.00- Admission for the entire weekend, plus
 the Saturday Night Banquet Dinner

Deadline to Purchase Banquet Tickets is June 4, 2023

Tickets can be purchased from
 Calgary Central Services Office or Online at
www.gratituderoundup.com
 Phone 403-777-1212

Roundup Features include: Fellowship - Speaker Meetings
 AA Workshops - Ice Cream Social - AA Literature Table
 AA Archives Display - AI-Anon Literature Table - DJ on Saturday Night -
 50/50 - World's Largest Gratitude Globe.

Sponsored by Calgary General Service Committee.

**Central Office
wishes you a***Happy Spring!*

REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

(Closed 1-2pm for lunch)

Saturdays 9:00am–1:00pm

HOLIDAY CLOSURES

VICTORIA DAY WEEKEND**Sat., May 20 & Mon. May 22, 2023**

AA Central Service Office
4021 – 4 St. S.E.
Calgary, Alberta T2G 2W4

centraloffice@calgaryaa.org
www.calgaryaa.org

INTERGROUP CONTACTS:

| | | | |
|---------------------------|-----------------------------|----------------------------|------------------------------|
| Intergroup Chairperson | cgigchair@gmail.com | Intergroup Alternate Chair | cgigalterchair@gmail.com |
| Intergroup Archives Chair | cgigarchives@gmail.com | Telephone Monitoring Chair | telmonitor.calgary@gmail.com |
| Public Information Chair | pichair.calgary@gmail.com | 12 Step Chair List | cgig12steplist@gmail.com |
| Westword Editor | westwordeditor@gmail.com | Intergroup Secretary | cgigsecretary@gmail.com |
| Calgary Central Office | centraloffice@calgaryaa.org | Intergroup Treasurer | cgigtreasurer@gmail.com |
| Banff Roundup Chair | cgigbanffchr@gmail.com | Intergroup Special Events | specevents@gmail.com |
| Sunday AM Breakfast Chair | cgigbrkfst@gmail.com | Intergroup/CGSC Liaison | cgscintergroup@gmail.com |

CGSC CONTACTS:

| | | | |
|------------------------------|-------------------------|-------------------------|---------------------------|
| Chairperson | cgsccchair@gmail.com | Alternate Chairperson | cgsccaltchair@gmail.com |
| Treasurer | cgsctreasurer@gmail.com | Secretary | cgsccsecretary@gmail.com |
| Treatment Chair | cgsctreatment@gmail.com | Corrections Chair | cgsccorrections@gmail.com |
| C.P.C. Chair | cgsccpc@gmail.com | Grapevine Chair | cgsccgrapevine@gmail.com |
| Records & Registration Chair | cgsccrecords@gmail.com | Intro to Service Chair | cgsccintro@gmail.com |
| Bridging the Gap Chair | cgsccbtg@gmail.com | Intergroup/CGSC Liaison | cgsccintergroup@gmail.com |

MEETING CHANGES:**NEW MEETINGS / BOOK STUDIES:**

NEW- "Weekend Serenity Continued" - Forest Lawn Fellowship Room is starting up a Tuesday and Thursday noon meeting at the Forest Lawn Fellowship Room. The first day will be May 9th. This is the same as our existing M-W-F meeting.

MEETING CHANGES

Awakenings – ONE-TIME cancellation only. *IN PERSON MEETING SATURDAYS at 0930 hours*


CANCELLED, May 13th only. Back to normal weekly meetings May 20th at 0930 hours in the Conference Room (west side, church basement)

Canmore Sunday Night Group -Temporary Meeting Change - We are temporarily changing locations for the months of May & June, due to renovation work at our current home. Our temporary location will be: Lutheran Church -Shepherd of the Valley 1205 1st Ave, Canmore. Near the Canmore Hospital
-Use alley door by the parking lot. Meeting time is still 7:00pm

MEETING INFO - REOPENING MEETINGS – (n/a this month)**CANCELLED MEETINGS**

Centre of Hope - The Friday Night Big Book Study meeting at 6pm., Will cease to operate as of February, 3rd, 2023., However , Our Wednesday Night Centre of Hope Meeting is continuing on we meet at 6pm. Harry P., 403-612-0228

Aventa Closed meeting – Sunday meeting at Aventa has not been running but was not removed from the AA Calgary website. The meeting has now been removed and is no longer running until further notice.

| APRIL BIRTHDAYS | | | | MAY BIRTHDAYS | | | |
|-----------------------|----------|---------------------------|----------|-------------------|----------|---|----------|
| 272 | | Whitesheep | | ABC Group | | NADZIEJA | |
| Conrad | 39 years | Dave W | 5 years | Christine B | 13 years | Lukasz B | 3 years |
| Deer Ridge | | Les M | 23 years | Byron L | 24 years | Hubert K | 3 years |
| Arran B | 2 years | Stephen F | 26 years | Karen O | 33 years | Iwona K | 4 years |
| Hugh F | 13 years | George G | 29 years | Annelise W | 34 years | Krzysztof M | 13 years |
| Gordon E | 32 eyars | Brian P | 42 years | Tim S | 42 years | Yoanna O | 14 years |
| Just for Today | | Better Days | | Awakenings | | Ogden | |
| Jarret | 8 years | Steve B | 4 years | Ian H | 9 years | Diane D | 8 years |
| Kincora | | Dave S | 9 years | Deb W | 13 years | Nicole R | 9 years |
| Rick F | 1 year | Garnet | | Keith S | 16 years | Roy F | 31 years |
| Bobby A | 15 years | Mike D | 3 years | Trevor H | 21 years | Regal | |
| Knox Nooners | | James D | 3 years | Back From Hell | | Paul G | 9 years |
| Terry S | 12 years | Kyle T | 5 years | Murray B | 15 years | Peter G | 45 years |
| MAAT | | Richy | 7 years | Central Recovery | | Rule 62 | |
| Allen G | 1 year | Joy | 14 years | Dave M | 15 years | Nate | 9 years |
| Marsh E | 49 years | Jill D | 17 years | Deer Ridge | | Wednes. Eye Opener | |
| Midnapore | | Sarto | 20 years | Ari | 2 years | Marty B | 18 years |
| Grant J | 5 years | Mike R | 21 years | Megan M | 5 years | Dave B | 20 years |
| Pawel B | 7 years | Ellen | 39 years | Taylor Y-W | 6 years | Tom M | 28 years |
| Dave P | 8 years | Haddon Road | | Katie M | 13 years | West End Step & Trad | |
| Jack B | 62 years | Chris M | 7 years | Harold V | 15 years | Ann C | 31 years |
| NADZIEJA | | Erin R | 12 years | Cliff B | 34 years | Zoom into the Room | |
| Piotr L | 2 years | Mike H | 20 years | Homeward Bounders | | Delores S | 42 years |
| Andrzej S | 4 years | Keith H | 32 years | Al W | 1 year | Whitesheep | |
| NW Calgary Group | | New Beginnings | | Darolyn D | 4 years | Leslie Y | 4 years |
| Mike H | 1 year | Leanne W | 4 years | Just for Today | | Jamieson S | 4 years |
| Kevin W | 4 years | Judy C | 9 years | Leslie | 23 years | Brian N | 8 years |
| Michelle | 6 years | Jenn | 9 years | Bonnie Anne | 26 years | Sven G | 9 years |
| Arie | 7 years | Myrna T | 17 years | Kincora | | Dan R | 13 years |
| Andrew | 10 years | Hayden | 19 years | Maureen K | 12 years | Gary O | 51 years |
| Ogden | | Sharon J | 24 years | Knox Nooners | | <div></div> | |
| Alyjah N | 9 years | Wednes. Eye Opener | | Brian S | 26 years | | |
| Cor P | 15 years | Trish D | 34 years | Bob C | 50 years | | |
| Liz S | 15 years | Whitesheep | | MAAT | | | |
| Bill M | 26 years | Brian M | 7 years | Eric G | 6 years | | |
| Terry W | 33 years | Happy birthday, everyone! | | Carol L | 34 years | | |
| Rule 62 | | | | Midnapore | | | |
| Glen F | 9 years | | | Connor E | 1 year | | |
| Thursday Night Ladies | | | | Bill G | 6 years | | |
| Kathryn | 6 years | | | Dave M | 7 years | | |
| Unity | | | | Tracey B | 7 years | | |
| Dave S | 13 years | | | Angelina O | 8 years | | |
| Zoom into the Room | | | | April S | 8 years | | |
| Corina J | 1 year | | | Chuck N | 12 years | | |
| Barb L | 22 years | | | Bruce S | 16 years | | |
| | | | | Daryl L | 27 years | | |

I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that I am responsible.

UPCOMING EVENTS & COMMITMENTS

| DATE | EVENT | Posters with details |
|-----------------|---|----------------------|
| May 13 | Better Days group Speaker Meeting <i>Trevor S – Just for Today</i> | Page 7 |
| May 13 | New Beginnings 30 th Anniversary | Page 7 |
| Friday Nights | Lakeview Speaker Meeting | Page 6 |
| June 9, 10 & 11 | Calgary Gratitude Round Up | Cover & Page 7 |

| Treatment Facility | AA Group for May | AA Group June |
|------------------------------------|-------------------------------------|---|
| Renfrew Fridays | District 83 | ABC Group |
| Alpha House - Tuesday | ** | Unity |
| Alpha House - Friday | Ogden | Forest Lawn |
| Sunrise | Forest Lawn | Ogden |
| AARC – alternating Mon | McKenzie Towne | Daily Reflection – May 5&18 |
| Dream Centre | NW Calgary Group | Walking Eagle |
| Sandstone (2 nd Friday) | Daily Reflections | Unity |
| Drop-In Centre | Val – May 4 PPG – May 11, 18, 25 | Derek and Wade – June 1 PPG – June 8, 15, 22, 29 |

Monthly CGSC Service Commitments

Ongoing Monthly Intergroup Service Commitments

| Sunday Morning (9:30am) Ramada Breakfast Meeting | AA Group |
|--|----------------|
| May 7 | Go For It |
| May 14 | McKenzie Towne |
| May 21 | Walking Eagle |
| May 28 | Unity |



| Phone Monitoring Dates | AA Group |
|--|------------------------------|
| May 1 - 7 | Just for Today |
| May 8 - 14 | Aspen West Springs |
| May 15 - 21 | Daily Reflections |
| May 22 - 28 | Need – contact Darren |
| Darren - telmonitor.calgary@gmail.com | |

Our Service Committees need YOU!

12 Step List Service –

(1-Year Sobriety): Looking for a service opportunity? Add your name and number to the list for 12 step calls. This list is used when a caller needs to talk to another alcoholic. All we need is your availability and which part of the city you live in/are willing to travel to. E-mail: cgig12steplist@gmail.com

Public Information Committee (PI committee):

Public Information is responsible for getting info out to those who may still be suffering. Some examples are:

1. Speakers needed for high school presentations
2. Literature to be delivered to various public locations

Meeting Dates: Last Tuesday of every month

Time: 7:00pm.

Location: Central Office, 4021 4 St SE

Contact the PI chair for more information pichair.calgary@gmail.com

"Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs."

COMC WANTS YOU!

Central Office Management Committee
for members at large to join our committee

2 members needed!!

Requirements: must have minimum 5 years sobriety
Previous Alcoholics Anonymous service experience outside of the group level, as well as experience in business such as Finance, Human Resources, Law, Business, Labour relations, Management etc.
Interest and knowledge of computers / websites is an asset!

Please drop off or email your resume to Central Office for consideration

Email: centraloffice@calgaryaa.org

"Bridging the Gap (BTG) "...

Bridging the Gap helps to soften the transition for individuals from treatment to an AA life.

Curious how you can serve the AA community? Haven't been to a Bridging the Gap meeting for a while?

Bridging the Gap meets the third Thursday of every month at 7:00pm. Hybrid format. All are welcome!

Central Office: 4021 4th Street SE, Calgary

Zoom ID: 945 772 8029 PW: BTG

1. Help carry the message to treatment and detox centres. Attend our monthly BTG meeting to find out how.
2. Can you help Bridge the Gap with Calgary Young Offenders and AA?

Bridging the Gap (BTG) is working with Calgary Young Offenders Centre (CYOC) to recruit male temporary contacts to work with young offenders (age 12-17 years) upon release. This commitment starts with your attendance at the final release meetings with youth client, parents and CYOC professional. Once placed you will introduce the client into the fellowship and rooms of AA and help ensure the transition into AA a less stressful and fearful step. We are looking for temporary contacts in all quadrants of Calgary.

Minimum one year sobriety, vulnerable police check and CWIS check completed by Child Welfare required.

YOU can make a difference - find out how you can "Bridge the Gap" with this service opportunity.

Contact cgsbctg@gmail.com for more information.

3. BTG has positions opening January 2024...

Chair, Alternate Chair, Secretary

CGSC elections take place in October - mentorship is available

Attend one of our monthly BTG meetings to find out about Bridging the Gap and the role we play in helping fellow's transition from Treatment and Corrections into the rooms of AA.

Contact cgsbctg@gmail.com for more information

Does your AA group need liability insurance?

Calgary Intergroup offers an affordable option.

Annual premiums:

- ☐ \$85 for \$1 million
- ☐ \$110 for \$2 million
- ☐ \$260 for \$5 million

The deadline to apply is **July 3, 2023** and coverage begins August 1.

If you already participate in the insurance policy, renewal forms have been sent to your group's representative, highlighting the \$10 increase in premiums.

For an application form or for more information, contact Marilyn B at 403-998-4207 or Bruce M at 403-835-9161.

Donations ASAP:

Renfrew Treatment Centre is asking groups if they can donate soft cover Big Books for their clients. Treatment centres do not give Big Books. Send donations to Central Office to be picked up by the Treatment Chair.

Information for Groups



LAKEVIEW SPEAKER MEETING; AT RISK OF BEING CANCELLED

8:00-9:00PM FRIDAYS AT LAKEVIEW UNITED CHURCH

The Lakeview Meeting requires immediate support with Chairpersons, Speakers, and Attendees, or this long-standing group may disappear.

Historically a different group sponsors each month and does the needed service work by chairing, finding speakers and members to thank and introduce the speaker, read how it works, and attend the meeting. This is a safe, small, intimate space great for newcomers and old timers to share their experience strength and hope with each other. Recently support has been minimal, Lakeview could use some assistance. It needs groups to sponsor it and keep it going or it may go away after 43 strong years. Please reach out if you or your group can help!

One of the Longest Standing Speaker Meetings in Calgary (43 years)

Established in 1980 in the Basement of Lakeview United Church

Not a Group, Has No Members or Formal Structure

Registered on the Meeting Lists and at Central Office

Needs Your Support!

LAKEVIEW UNITED CHURCH

3023 63 avenue SW
Calgary, Alberta

Contact Krista G
403-466-6055



WELCOME
TO
THE BETTER DAYS
GROUP
SPEAKER MEETING

MAY 13TH
8:00PM
LOCATION
1432 19th N.E.

BLAIR T.
FR: THE REGAL GROUP

Saturday May 13th
Our meeting opens at
7:30 pm
Speaker speaks at
8:00 pm

Blair T. Has many years
in helping others.
Come to hear what it was
like, what happened and
what it's like today.

New Beginnings 30th Anniversary

May 13, 2023
Kingsland Community Center
505- 78 Ave SW
Calgary, Alberta
4:00 PM to 9:00 PM

Potluck Supper
50/50
7th tradition
Speakers
Bring your friends!

For information call Nancy or Marron 403-836-0510

Speakers and Events

40th Annual AA Gratitude Round-up



June 9, 10, & 11, 2023

More details
on front
cover

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The May 2023 Issue of GRAPEVINE is here!



On the Cover: This issue is for “The Home Group”

[To view the Table of Contents, click here.](#)

Some stories include:

Happy Hour

Very early, three mornings a week, I hop on my bike and ride to the building that houses my home group. It's a short ride through the streets of this old California beach city.

80 Years & Counting!

My home group is Kearny Sunday Night Live Easy But Think First, which meets in Kearny, New Jersey. Our home group's birth date is June 1, 1942

10,000 Stories

One of the most humbling experiences that I have had during my sober life happened a while back. One of our fellows called me and asked some very straightforward questions.

In the Shadow of Zion

After I recently completed a 35-day program to get sober, I returned home to Utah. A month later, my husband died. I was so desperate for AA.

Helping Our Own

I was a federal tax court judge being investigated for tax evasion. I was ashamed. I was obsessed with what others thought of me, what they said about me and how they viewed me.

Lost & Found in Central America

When I was newly sober and going to sea as a merchant mariner, my sponsor Cliff told me, "For every new meeting, walk into it as if it were your home group."

Tough Crowd

Sometime in my first couple of weeks sober in 1985, I wandered into the Men's Monday Night Step meeting.

By Bill W.
(co-founder, Alcoholics Anonymous)

Perhaps there is no suffering more horrible than drug addiction, especially that kind which is produced by morphine, heroin, and other narcotics. Such drugs twist the mind, and the awful process of withdrawal racks the sufferer's body. **Compared with the addict and his woes, we alcoholics are pikers.** Barbiturates, carried to extremes, can be almost as bad. In A.A. we have members who have made great recoveries from both the bottle and the needle. We also have a great many others who were — or still are — victimized by “goofballs” and even by the new tranquilizers.

Consequently, this problem of drug addiction in its several forms lies close to us all. It stirs our deepest interest and sympathy. In the world around us, we see legions of men and women who are trying to cure or escape their problems by this means. **Many A.A.'s, especially those who have suffered these particular addictions, are now asking, “What can we do about drugs — within our Fellowship, and without?”**

...

Now there are certain things that A.A. cannot do for anybody, regardless of what our several desires or sympathies may be.

Our first duty, as a society, is to insure our own survival. Therefore, we have to avoid distractions and multipurpose activity. An A.A. group, as such, cannot take on all the personal problems of its members, let alone the problems of the whole world.

Sobriety — freedom from alcohol — through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that there is no possible way to make non-alcoholics into A.A. members. **We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose.** If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.

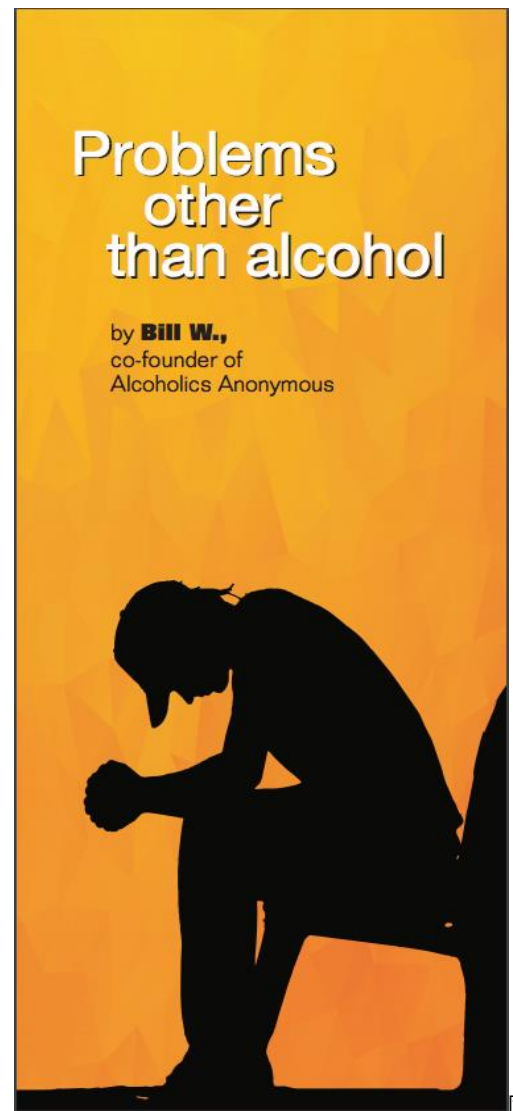
...

Therefore, I see no way of making non-alcoholic addicts into A.A. members. Experience says loudly that we can admit no exceptions, even though drug users and alcoholics happen to be first cousins of a sort. If we persist in trying this, I'm afraid it will be hard on the drug user himself, as well as on A.A. We must accept the fact that no non-alcoholic, whatever his affliction, can be converted into an alcoholic A.A. member.

A.A. members who are so inclined **should be encouraged to band together in groups to deal with sedative and drug problems. But they ought to refrain from calling themselves A.A. groups.**

There seems to be no reason why several A.A.s cannot join, if they wish, with a group of straight addicts to solve the alcohol and the drug problem together. But, **OBVIOUSLY**, such a dual-purpose group should not insist that it be called an A.A. group, nor should it use the A.A. name in its title. Neither should its straight addict contingent be led to believe that they have become A.A. members by reason of such an association.

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Step 5 & Tradition 5

Step 5 – Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects, we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the *Fifth Step* in the program of recovery mentioned in the preceding chapter.

This is perhaps difficult – especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another human being when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they turned to easier methods. Almost invariably, they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone all of their life story.

From Alcoholics Anonymous, Chapter 6 Into Action p.72-73

Tradition 5 – Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

“Shoemaker, stick to thy last! „, better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery any doctor would set his other ambitions aside, at whatever personal cost.

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety...

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out.

From Twelve Steps and Twelve Traditions, p.150-151.